International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 04, 2020
ISSN: 1475-7192

The Impact of Specialized Training in the Development of Skilled Performance to Prepare From Above the Head Volleyball for the Establishment of the Specialized School

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Abstract--- *The objective of the research is to prepare volleyball training for the school's specialized children as well as to know the impact of special training in the development of the skilled performance of the preparation of above the head with volleyball for young people, for specialized trainings a moral effect in the skilled performance of preparation from above the head to the school's juniors Specialist.The researcher used the experimental method by designing (one group) with Pre and posttests to suit the nature of the research, and the researcher identified the research community represented by the players of the specialized school in Baghdad IV, which numbered 47 players and the research sample was selected from the research community in a random way With 12 juniors, the percentage of the main sample is (25.53%) This is an appropriate proportion of real and honest representation of the research community, as well as the selection of (8) players who represented the sample of the survey experience.*

Keywords: *Specialized Training, Skilled Performance and Establishment.*

I. INTRODUCTION

That proper scientifically based planning in learning and training is what leads to continuous and rapid development in all sports and for individual and group games, and on this basis the trainers are interested in preparing the players mentally, physically and skill ally in order to reach the most accurate results and responses that are close to real-life play situations, for this is the basis of excellence and progress as it expresses the extent of the perfect harmony between the mind and the body, the relationship between the mental aspects and physical performance and skills became the interest of the specialists of training in order to depend on the development of athletes on the compatibility between Physical abilities, mentality and skill.(1)

Volleyball is an activity recreational and competitive at the local, international and international level, and the player needs, like other games, to prepare physically, skills, plans, psychological and mental, and given the characteristics of volleyball game of rhythm Fast and continuous transition between attack and defense throughout the game, which requires the player to perform all the basic skills on a similar level so that each player can meet the needs of his position in the field of play, which requires attention to the preparation of the players and all technical aspects, and that the good player in during learning and training can link the performance of skills mentally,

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DOI: 10.37200/IJPR/V24I4/PR201437
Received: 15 Jan 2020 | Revised: 15 Feb 2020 | Accepted: 26 Feb 2020

physically and skillfully so that it is more accurate in estimating the time it takes to move or skill in real time, as the skill of preparation is one of the basic and important skills in the game of volleyball, as it changes the course of play from defense to attack, team success depends on the ability of its players to control the right direction, and the accuracy of the preparation is the basis (95%) of good crushing batting.(2)

Through the researcher's follow-up and observation of the process of learning skills in volleyball and by informing him about the educational and training units of the specialized school- in Karbala, he found the lack of use of exercises contribute to learning the skill to be learned, as the principle of repetition alone in the educational process It does not guarantee the learning of skills and the development of their performance, but achieves continuity in motor performance i.e. the educational methods used in the process of motor learning give varying rates of success due to the lack of consideration of the physical aspect in them and this is the place of the problem, for this has emerged the need to use physical exercises to develop compatibility capabilities allow learners to develop the technical performance and accuracy of the kinetic forms of preparation skill in the game of volleyball.(3)

Research Objective

1. Identify the impact of specialized training by means of helping to develop compatibility abilities in volleyball school players.
2. To learn about the impact of specialized training by means of helping to develop the skill performance of some forms of volleyball preparation in the players of the specialized school.

The Research Community and Sample

The research community was identified as the national center for the care of talented players, the specialized volleyball school, the 47 juniors in Baghdad province, and the research sample was selected from there search community in a random way and by the number of (12) emerging, so that the percentage of the main sample is. 25.53%) This is an appropriate proportion of real and honest representation of the research community, as well as the selection of (8) players who represented the sample of the exploratory experiment, as shown in the table.1

Table 1: Shows the Research Community, The Main Sample, The Design, The Exploratory Experience and its Percentages.

Sample details	Number	Percentage%
Total research community	47	100%
The main research sample	12	25.53%
Pilot sample	8	17.02%

Sample Homogeneity

The researchers investigated the homogeneity of the research sample in variables (length, mass, age, training age), as shown in Table (2).

DOI: 10.37200/IJPR/V24I4/PR201437
Received: 15 Jan 2020 | Revised: 15 Feb 2020 | Accepted: 26 Feb 2020

Table 2: Shows The Arithmetic Media, Standard Deviations, Pattern and Torsion Coefficient Values for the Homogeneity of The Research Sample in Variables (Length, Mass, Chronological Age and Training Age)

Variables	Units	Mean	SD	Mode	Skewers
Length	Cm	175.97	2.37	174	0.83
Mass	Kg	65.82	3.69	64	0.49
Chronological age	Year	14.74	0.55	15	0.47
Age of training	Year	1.56	0.64	2	0.69

The results of Table (2) show that the calculated torsion values for all the variables were smaller (1 ±), which indicates the homogeneity of the sample members in all these variables.

Choose Tests for some Harmonic Abilities: (4)

After identifying some of the harmonic capabilities that are (the ability to assess the situation, the ability to adapt to changing situations, the ability to respond dynamically), and was presented to a group of experts and specialists, experts and specialists in the fields of testing, measurement, motor learning and volleyball, to express their opinion in determining the validity of these tests, and the results of the questionnaire were extracted using the Law of Good Match (Chi square), as shown in the table(3).

Table 3: Shows the Values of (Chi square) Calculated for the Selection of Tests of Some of the Harmonic Abilities Associated with the Preparation Skill

Harmonic capabilities	Tests	Agree	Disagree	Value(Chi square) calculated	Validity	
					Yes	No
Ability to estimate the situation	A-Jump on numbered circles	9	0	9	√	-
	B-test throw and receive the ball on the wall (20 times)	9	0	9	√	-
Ability to adapt to changing situations	Shuttle jogging various dimensions	9	0	9	√	-
Motor response ability	Speed of motor response to volleyball players	9	0	9	√	

The results of Table (3) show that the tests that obtained the calculated value of (Chi square) greater than the tabular value of (3.84) were adopted at the significance level (0.05) and under the degree of freedom [(1)].

Choose Skilled Performance Tests to Prepare in Volleyball

First: Choose technical performance tests for preparation in volleyball:

To choose the technical performance test for preparation in volleyball, the researcher relied on the virtual construction of this skill (preparatory section, main section, and final section), and a special questionnaire containing a set of divisions that concern the evaluation of the technical performance of the preparation in volleyball, and was displayed a group of experts and specialists experts and specialists, to choose the appropriate division to evaluate the technical performance of this skill, and after the collection of questionnaires, the results based on the percentages of the agreement of the expert and specialist masters were extracted.

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II. DESCRIPTION OF TESTS:(5)

Description of the Skilled Performance Tests for Preparation in Volleyball

First: Test the Technical Performance of the Preparation in Volleyball.

Test name: The technical performance of the preparation from above the head forward and backward in volleyball. The goal of the test: Technical performance evaluation (a technique for preparing volleyball from above the head forward and backward in volleyball through the three sections of skill (for my preparation, the president, and the final).Used tools: Legal volleyball court, volleyball sits number 3 pre-prepared evaluation form. Performance description: The performance of the test is as follows: The tested player performs from the center 3 trying to perform the skill of preparation correctly and for three attempts, provided that the ball does not touch the player's body and network, or cross the line of the opponent's stadium. The tested player performs the technical to prepare from above the head to back in the volleyball in the specified area of preparation, i.e. from the center 3 trying to perform the skill of preparation correctly and for three attempts, provided that the ball does not touch the player's body and network, or cross the line of the opponent's stadium. Registration method: The final score is extracted for each player Lab.

Second: Test the Accuracy of the Performance of the Preparation in Volleyball

Test the accuracy of the performance of the setup from above the head forward and backward in the volleyball. Test name: The performance accuracy of the setup in the setting rectangle. The goal of the test: Measure the accuracy of the performance of the setup from above the head forward and backward. Used tools: Legal volleyball court, 10 volleyball balls, measuring tape, adhesive tape, and pre-prepared evaluation form. Performance description: The performance of the test is as follows: Registration method: For a lab player 10 attempts from above the head forward, 10 attempts from above the head back, a point is calculated for each ball passing over the rope the ball falls into the goal area.

Prepare the assistant team with the provision of forms for the registration of the results of the evaluation.

Carrying out Specialized Trainings:(6)

After conducting several personal interviews with a group of experts and specialists in the field of (motor learning and volleyball), as well as what the researcher reached through his review of the sources and related scientific studies, the researcher prepared the vocabulary of specialized trainings, and has begun to implement these Vocabulary dated (17/12/2018), as follows:

1. The duration of the implementation of specialized training is 6 weeks.
2. The number of training units per week and two educational units.
3. The number of total training units is 12 units.
4. The researcher intervened in the main section of the training unit, which had a time of 50 minutes.

III. RESULTS AND DISCUSSIONS

View the results of the differences between tribal and dimensionality tests for the performance of the skill of some forms of preparation in volleyball for the experimental research group analyzed and discussed:

DOI: 10.37200/IJPR/V24I4/PR201437
Received: 15 Jan 2020 | Revised: 15 Feb 2020 | Accepted: 26 Feb 2020

Table 4: Shows The Mean, Standard Deviations and Calculated (t) Values between the Pre-Tests of Skill Performance of Some Forms of Volleyball Preparation for the Experimental Research Group

Tests	Units	Pretest		Posttest		Mean diff.	SD diff.	(t) calculated	Type of significance
		Mean	SD	Mean	SD				
The technical performance of the numbers from above the head forward	Grade	5.1	0.12	6.19	0.31	2.096	0.85	2.47	Sig.
The technical performance of the numbers top of the head to the back	Grade	4.15	0.19	5.74	0.37	1.583	0.23	6.61	Sig.
Accurate number performance from above head forward	Grade	4.14	0.38	7.81	0.40	3.729	0.60	6.19	Sig.
The technical performance of the numbers from above the head backward	Grade	3.53	0.28	6.46	0.36	2.932	0.84	3.47	Sig.

The results also showed that the arithmetic mean for the above-head back numbers in the Pretest was (4.15) with a standard deviation of (0.19), while the arithmetic mean in the post test (5.74) was a standard deviation of 0.37, and the calculated (t) value (6.61), which was greater than its value.

Table time (4.22) at the indication level (0.05) and below the degree of freedom (11), which indicates the morality of the differences between the Pre and posttests and in favor of the post test.

While the results showed that the arithmetic mean performance of the above-head forward numbers in the Pretest was (4.14) with a standard deviation of (0.38), while the arithmetic mean in the post test (7.81) was a standard deviation of (0.40), and the calculated (t) value (6.19), which is greater than its value.

Table time (4.22) at the indication level (0.05) and below the degree of freedom (11), which indicates the morality of the differences between the Pre and post tests and in favor of the post test.[7]

The results also showed that the arithmetic mean head-to-head performance in the Pretest was (3.53) with a standard deviation of (0.28), while the arithmetic mean in the post test (6.46) was a standard deviation of 0.36, and the calculated (t) value (3.47), which was greater than its value.

Table time (4.22) at the indication level (0.05) and below the degree of freedom (11), which indicates the morality of the differences between the Pre and post tests and in favor of the posttest.[8]

View and Analyze the Results of the Evolution Percentages in Pre and Posttests of the Compatibility Capabilities of the Pilot Research Group

Table (5): Shows the Values of the Evolution Percentages in Pre and Posttests of the Skill Performance of Some Forms of Preparation in Volleyball for the Experimental Research Group

Variables	Units	Pretest			Posttest		
		Mean	SD	Error rate	Mean	SD	Error rate
The technical performance of the numbers from above the head forward	Grade	5.1	0.31	%1.96	6.19	0.12	5.01%
The technical performance of the numbers top of the head to the back	Grade	4.15	0.37	%4.58	5.74	0.19	6.45%
Accurate number performance from above head forward	Grade	4.14	0.40	%9.18	7.81	0.38	5.12%
The technical performance of the numbers from above the head backward	Grade	3.53	0.36	%7.93	6.46	0.28	5.57%

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The calculated difference factor value of the above-head numbers in the Pretest was (8.92%)that the value of the difference factor in the post test was (3.31%), which is smaller than its value in the Pretest, indicating the homogeneity of the research group and thus its evolution in this test.While the value of the calculated difference factor for the accuracy of the performance of the numbers from above the head forward in the Pretest was (%9.18) in Kant, the value of the difference factor in the post test is (5.12%), which is a value smaller than its value in the Pretest, which indicates the homogeneity of the research group and therefore its evolution in this.(9)

The value of the difference factor calculated for the accuracy of the above-head-back performance in the Pretest was (7.93%) that the value of the difference factor in the post test was (5.57%), which is smaller than its value in the Pretest, indicating the homogeneity of the research group and therefore its evolution in this test.(10)

IV. CONCLUSIONS

1. Specialized training in assisted ways has played a positive role in the development of the compatibility capabilities of volleyball school players.
2. Specialized training sits with means of helping to develop the skill performance of some forms of volleyball preparation in the players of the specialized school.
3. The control group achieved a remarkable excellence and development in the post tests in specialized training symbiosis by means of means in the development of compatibility capabilities and the skilled performance of some forms of preparation of volleyball.
4. The compatibility between the eyes and arms is influenced by both the front and back settings in varying strengths.

Ethical Clearance: People identified as potential research participants because of their status as relatives or carers of patient's research participants by virtue of their professional role in the university and departments.

Source of Funding: Self-Funding

Conflict of Interests: The authors declare there is no conflict interests

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DOI: 10.37200/IJPR/V24I4/PR201437
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